

## Personal Learning Goals

Dear Parent / Guardian & Student,

In order to support every student to work towards their personal best, I ask that all students reflect on their learning and progress during the school year by reviewing their Quarterly Biology Grades and using this information to help guide the development of their individual personal learning goals.

Personal learning goals are about improving students' learning and achievement and building students' capacity to learn. They are about students becoming active participants in the learning process, empowering them to become independent learners, and motivating them to achieve their personal best. Previous research into the motivation and efficiency of students has indicated that students who set their own working goals tend to achieve more than when working on goals set for them by the teacher. Students who set their own learning goals have more confidence to take on more challenging tasks, regardless of their ability. Their motivation to improve and master a task is improved and their self-esteem remains strong, even in the case of achieving less than expected.

When students are assisted to delve into their own thinking and learning processes, they are drawn to think about the effectiveness of the strategies they used to achieve the learning goals they set. Planning what to do, monitoring progress towards achieving it and evaluating the outcome can help students take more control over their thinking and learning processes and equip them with learning to develop skills.



To support this process all students are requested to complete the attached Personal Learning Goal document.

Thanking you in anticipation of your support.

Sincerely,

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Pawling High School

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Special Education Teacher  
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Student Name: \_\_\_\_\_

## Student Personal Learning Goals

**Goals:** What you want to achieve?

**Strategies:** How you are going to get there?

What I achieved at School in \_\_\_\_\_(Insert previous school year)

\* The subject(s) I did well in...

\* The subject(s) I could improve in...

\* The achievements/activities I was proud of were...

At PHS, Ms. Rinaldo expects as close to 100% attendance as possible;

My attendance at school in \_\_\_\_\_(Insert previous school year) was:

- excellent
- pretty good
- not good

In \_\_\_\_\_(Insert current school year):

\*I am looking forward to.....

\*I am concerned about.....

\*I am / am not very organized because.....

\*If I have a problem / issue at school, I think I would be able to talk about it with.....

\*My teachers can support my learning by.....

**Directions:** For the following, place a tick in the box for things you would like to be able to improve your skills in (tick as many boxes as you need to), and shade or color the box for things you feel you are good at (shade or color as many boxes as you need to).

<b>Time management</b>		<b>Being organised</b>	
<b>Getting my work in on time</b>		<b>Helping others</b>	
<b>Concentrating in class</b>		<b>Listening to others</b>	
<b>Feeling OK about myself</b>		<b>Studying for exams</b>	
<b>Keeping my Student Planner up to date</b>		<b>Being responsible</b>	
<b>Being respected by others</b>		<b>Being trusted</b>	
<b>Being motivated at school</b>		<b>Making friends</b>	

Other things that are not listed that I would like to develop my skills in are.....

Other things that are not listed that I feel that I am good at are....

Setting My Personal Learning Goals for \_\_\_\_\_(Insert current school year):  
(What I would like to achieve...)

**Goals** (*what*) – academic achievement, work habits, social, behaviour

1	
2	
3	

**Strategies:** *How will you achieve the goal?*

What strategies will you use at school and at home? Include the help and things you need.

1	
2	
3	

**Measuring success:** How will you know you achieved your goal? What evidence will you use?

What will be your measure and what is your target?

1	
2	
3	

**Date for review:** (*By when do you plan to achieve this goal?*)

1	
2	
3	

**Activities that I would like to be involved in at school this year include:**

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**Parent /Carer Comment;:**

What I can do at home to assist with the achievement of the above listed Personal Learning Goals:

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Student Signature \_\_\_\_\_ Date / /

Parent/Guardians Signature \_\_\_\_\_ Date / /

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### Student Accountability/Learning Contract

I, \_\_\_\_\_, understand and accept the rigor, pacing, course expectations and grading policies in this class. I understand that much of my learning will take place outside of the class period. Most of the class time is structured around labs, demonstrations, and discussions. I understand I am expected to prepare for exams outside of class.

The Biology Exam is scheduled \_\_\_\_\_ (insert day and date of exam) at \_\_\_ AM/PM

Student's name \_\_\_\_\_ (Please print)

\_\_\_\_\_  
Student's Signature Date

\_\_\_\_\_  
Parent/Guardian Signature Date